



CONTACT US

Helping Our Women
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Visit our website:
helpingourwomen.org

Facebook: [Helping Our Women](https://www.facebook.com/helpingourwomen)
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HOW SERVICES

In addition to the rides and stipends we provide, **HOW has a food & personal care products pantry.**

Face masks & rapid COVID tests remain available for pick-up or delivery.

As of 8/24/22, the Barnstable County COVID19 Community Level is MEDIUM, so **we are not currently requiring masks in the office.**

All our services are free, thanks to donors and grant funding. We do accept donations for rides.

*Hello, I am writing to you from my desk at home as I try to focus on self-care and I'm wondering what small habits help you manage the stresses of every-day life. In the grief group that's running now, we've learned more about the research that shows the health benefits of spending time in nature. It can be small doses of nature, like the breaks I take to step outside and simply look at the trees in my back yard for a few minutes. And if you can't get outside easily, to simply look out the window with the intent of focusing on nature supports our health and concentration. Here's hoping that you take some time to pause in nature in your day to support your own sense of well-being as we move into Fall -**Gwynne***

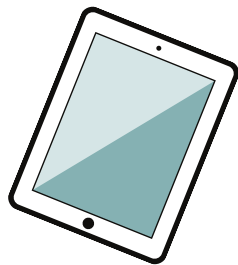
Help Needed: Share Ideas For Our New Office

As you read in last month's newsletter, Helping Our Women is beginning a new chapter by opening a SECOND location in Eastham! HOW has always sought out feedback and welcomed new ideas for how we can better support you and the women living with chronic illness across the Outer Cape.

As our team begins conversations around curating this new office for the HOW community, we want to ask YOU some questions about your needs and expectations for HOW's future. Just answer 4 questions through this online survey:

<https://forms.office.com/r/wy3QSt5RRg>

Can't take the survey online? In October we'll finally have access to the new space, and we'll host an in-person gathering so you can see the space and share your responses to these survey questions. You can do both the on-line survey and come in Oct., too!



Tablet Survey

Do you currently have a HOW tablet? We need your feedback to keep this program running! Complete the survey at <https://forms.office.com/r/qxmXceAWak>.

If you would like to take the survey over the phone, call the office to let us know and we will have a volunteer follow up with you.

Welcome, Victor!

HOW has a new Americorps VISTA! As our Volunteer Resource Developer, Victor has jumped right in to coordinating volunteers, organizing events, and meeting HOW community members. Originally from Cairo, Egypt, he moved to the Outer Cape from Boston and is currently studying for an MA in Psychology. He will plan to work with us over the next year to expand our capacity and grow our Volunteer platform.



QUESTIONS ABOUT RENT ASSISTANCE PROGRAMS OR SNAP (FOOD BENEFITS)?

Call Ella!

REMINDER

We will be answering phones until 4pm each day. Calls that come in after 4pm will go to voicemail, so we can focus on the requests and needs of the day.

YOUR TEAM AT HOW

Ella Anderson

Client Services Manager

Mary Berry

Office Manager

Gwynne Guzzeau

Executive Director

Victor Kamil

Americorps VISTA
Volunteer Resource
Developer

Annette Medina

Pantry Manager

Alex Nelson

Development &
Communications
Manager

Lisa Phillips

Volunteer Coordinator

****Now Recruiting****

Americorps VISTA
Community Food Project
Coordinator



**HOW Can We Help You?
Resources Available**



Willy's Gym: \$65/Month Membership for HOW Clients



Access unlimited classes, strength & cardio facilities, functional training facilities, pool, rock wall, courts, indoor turf, sauna, hot tubs, spacious locker and shower facilities, tennis/pickleball (fee applies) plus martial arts & kick boxing at this discounted monthly rate. To sign up, go in and ask for Barbara Niggel (the owner) directly. HOW's monthly stipend can be used to cover this membership cost.

Have SNAP? Get Fresh Produce from the CSA!

Calling all SNAP beneficiaries! HOW will be running a Community Supported Agriculture (CSA) program in partnership with Sustainable Cape this fall. For those who sign up, **fresh seasonal produce boxes** will be delivered to HOW once a month for our clients and community members to pick up*.

This program is eligible for HIP reimbursement, meaning that the box purchased with **\$40 in SNAP benefits is eligible to be automatically reimbursed** by MA's Healthy Incentives Program. If you have questions or would like to sign up for this program, please contact Ella at ella@helpingourwomen.org.

**If you're unable to pick up the box, we may be able to help with delivery.*



LGBTQ Grief Group in Eastham



*Are you wading through your grief? Do you identify as a member of the LGBTQ+ community? If you are experiencing any kind of loss - no matter how long ago - HOW invites you to attend this **free, in-person** grief support group.*



These meetings provide a safe and healing environment where you can get help working through your grief and adjust to life without your loved ones. Facilitator Diane McCarthy is a former Outreach Coordinator at a COA and has a certificate in Death & Bereavement Studies.

Beginning **October 19**, this group will meet **Wednesdays from 5 - 6:30pm at HOW's Eastham Office for 8 weeks**. Call Ella to register for this group: **508-487-4357**.

Save Money on Medicare

Did you know that the Medicare Savings Plans can help you pay for Medicare premiums and make you eligible for big savings on your prescriptions? If you have Medicare and you have limited income and assets, you might qualify! Contact a Barnstable County SHINE Counselor (Medicare Specialist) for more information: **508-375-6762**.

